CYBEX® International

Defining Fitness

Cybex 600T Treadmill
Owner's Manual

Cardiovascular Systems

Part Number LT-03157 Rev C

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10 Trotter Drive Medway, MA 02053 • 800-766-3211 • 508-533-4300 • FAX 508-533-5183
www.eCybex.com • techhelp@cybexintl.com • techpubs@cybexintl.com • LT-03157 Rev C • April 2002

IMPORTANT WARRANTY INFORMATION

To validate this warranty, complete the following information and return this card to Cybex within ten days of equipment installation.

Purchaser's Name: _____ Title: _____

Address: _____

City/State/Country/Zip Code: _____

Phone: ( ) _____ Fax: ( ) _____

Email Address: _____

Place of Installation: _____

Model Number: _____

Serial Number: _____

Installation Date (mm/dd/yy): _____/_____/_____ By: _____

Date of Purchase: _____/_____/_____ Place of Purchase: _____

City/State/Country/Zip Code: _____

Are you satisfied with your purchase? Yes ☐ No ☐ _____

LT-00990 REV. K

Two easy ways to activate the warranty:

1. **Fax -** Complete the warranty card above, photo copy this page and fax it to (508) 533-5183.
2. **Mail -** Complete the warranty card above, remove the card from the perforated sheet and drop the card in the mail.

NOTE: *The serial number can be found on the base of the 600T. It is located at the back of the treadmill, on the rear crossbar, under the running deck. You may wish to record the serial number in the Customer Service section of this manual.*

NO POSTAGE
NECESSARY
IF MAILED
IN THE
UNITED STATES

BUSINESS REPLY MAIL

FIRST CLASS MAIL PERMIT NO. 73 MEDWAY, MA

POSTAGE WILL BE PAID BY ADDRESSEE

ATTN: CUSTOMER SERVICE
CYBEX INTERNATIONAL
10 TROTTER DRIVE
MEDWAY, MA 02053-9934

About This Manual

For your convenience, all measurements and voltage requirements are listed in both English and metric units. English values are listed first, followed by metric units in parentheses. For example: 1" (2.54 cm).

An Owner's Manual is shipped with each 600T Treadmill. To purchase a copy of the Service Manual contact Cybex Customer Service at 800-766-3211 then press 63 or 508-533-4300.

To contact Cybex with comments about this manual you may send email to techpubs@cybexintl.com.

FCC Compliance Information

! WARNING: *Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.*

This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Declaration of Conformity

We declare that to the best of our knowledge that the fitness equipment listed below, and manufactured by:

Cybex International, Inc.
10 Trotter Drive
Medway MA, 02053, USA

Conforms to:

Directives: 73/23/EEC, 89/336/EEC

Standards: EN 957-1, EN60335-1, EN55022, EN55014, EN50082-1

Product Name:	Treadmill
Model Number:	600T (220V)
European Contact:	Attention: European Sales Director Room 1, Floor 3, Tredegar Chambers, 78 Bridge Street, Newport, South Wales, NP204AQ Phone 011-44-1633-251222

NOTE: *For European customers only.*

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Cybex 600T Treadmill Owner's Manual

1 - Safety

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IMPORTANT: *Read all instructions and warnings before using the treadmill.*

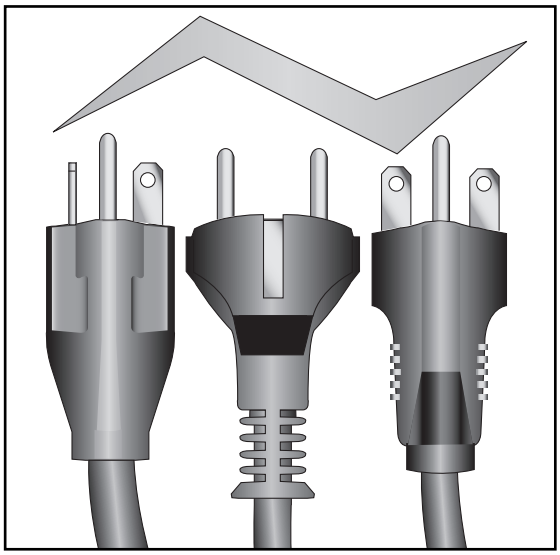
Important Voltage Information

Before you assemble your 600T, check to make sure that the treadmill has the correct voltage requirements for your area, and that you have the correct model. This treadmill is for use on a nominal 115 VAC ±10%, 60 Hz and 20 amps or a 220 VAC ±15%, 50 Hz/60 Hz and 15 amps grounded, dedicated circuit.

! WARNINGS: Do not attempt to use this unit with a voltage adapter.
Do not attempt to use this unit with an extension cord.

Grounding Instructions

This treadmill is intended for commercial use. This treadmill must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.



115V NEMA 5-20 | Euro Plug CEE 7/7 | 208/220V NEMA 6-15

! DANGER:
Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service provider if you are in doubt as to whether the treadmill is properly grounded. Seek a qualified electrician to perform any modifications to the cord or plug. Cybex is not responsible for injuries or damages as a result of cord or plug modification.

The power requirements for this

treadmill are a grounded, dedicated circuit, rated for one of the following: 115 VAC ±10%, 60 Hz and 20 amps or a 220 VAC ±15%, 50 Hz/60 Hz and 15 amps. Make sure that the treadmill is connected to an outlet having the same configuration as the plug. Do not use a ground plug adapter to adapt the power cord to a non-grounded outlet.

Important Safety Instructions

(Save These Instructions)

! DANGER: To reduce the risk of electric shock, always unplug this treadmill from the electrical outlet immediately after using it and before cleaning it.

! WARNING: Serious injury could occur if these precautions are not observed. To reduce the risk of burns, fires, electric shock, or injury:

- Obtain a medical exam before beginning any exercise program.
- Keep children away from the treadmill. Teenagers and disabled persons must be supervised while using.
- Stop exercising if you feel faint, dizzy, or experience pain at any time while exercising and consult your physician.
- Use the treadmill handrails for support and to maintain balance.
- Use caution when mounting and dismounting the treadmill.
- Disconnect all power before servicing the treadmill.
- Use a dedicated line when operating the treadmill.
- Connect the treadmill to a properly grounded outlet only.
- Do not operate electrically powered treadmills in damp or wet locations.
- Keep the running belt clean and dry at all times.
- Stop and place the treadmill at 0 degrees incline (level) after each use.
- Do not leave the treadmill unattended when plugged in and running. After turning off the treadmill, don't leave it until it comes to a complete stop and is level. To disconnect, turn all controls to the STOP or OFF position, and then remove the plug from the outlet.
- Inspect the treadmill for worn or loose components before each use. Do not use until worn or damaged parts are replaced.
- Maintain and replace worn parts regularly. Refer to "Preventive Maintenance" Section of Owner's Manual.

- Do not operate the treadmill if the cord is damaged, if the treadmill is not working properly, or if the treadmill has been dropped or damaged. Seek service from a qualified technician.
- Do not place the cord near heated surfaces or sharp edges.
- Do not use the treadmill outdoors.
- Do not operate the treadmill around or where aerosol (spray) or where oxygen products are being used.
- Read and understand the Owner's Manual completely before using the treadmill.
- Read and understand emergency stop procedures.
- Read and understand all warnings posted on the treadmill.
- Replace any warning label if damaged, worn or illegible.
- Do not wear loose or dangling clothing while using the treadmill.
- Always wear proper footwear on or around exercise equipment.
- Keep all body parts, hair, towels, water bottles, and the like free and clear of moving parts.
- Set up and operate the treadmill on a solid, level surface. Do not operate in recessed areas or on plush carpet.
- Provide the following clearances: 19.7 inches (0.5 m) at each side, 39 inches (1.0 m) at the back and enough room for safe access and passage at the front of the treadmill. Be sure your treadmill is clear of walls, equipment and other hard surfaces.
- Do not attempt repairs, electrical or mechanical. Seek trained repair personnel when servicing. Contact the nearest authorized Cybex dealer or other competent repair service.
- Use Cybex factory parts when replacing parts on the treadmill.
- Do not modify the treadmill in any way.
- Do not use attachments unless recommended for the treadmill by Cybex.
- Report any malfunctions, damage or repairs to the facility.
- Do not use the treadmill if you exceed 350 lbs. (181 kg). This is the rated maximum user weight.

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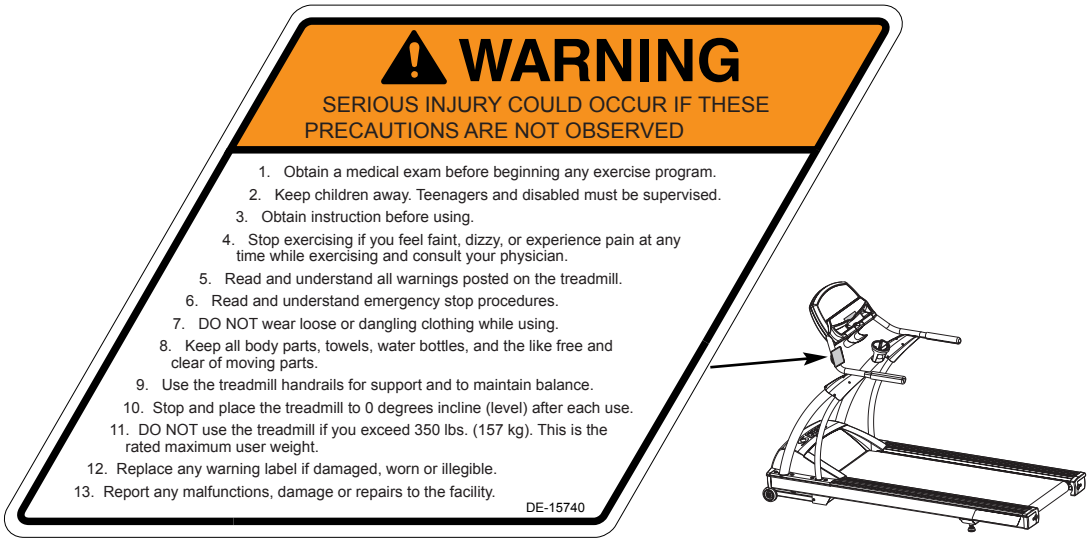
Warning Labels

Warning decals indicate a potentially hazardous situation, which, if not avoided, could result in death or serious injury. The warning decal used on the 600T is shown below.



Caution Labels

Caution decals indicate a potentially hazardous situation, which, if not avoided, may result in minor or moderate injury. The caution decals used on the 600T are shown below.

To replace any worn or damaged labels do one of the following: Visit eCybex.com to shop for parts online, or download the parts order form and fax your order to 508-533-5183. To speak with a customer service representative, in most areas call 800-766-3211 then press 63. Otherwise call 508-533-4300.

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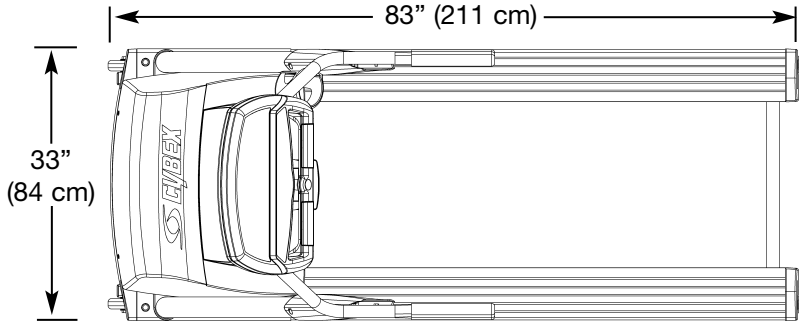
2 - Technical Specifications

Specifications

Length:	83" (211 cm)
Width:	33" (84 cm)
Running Area:	20" x 60" (51 cm x 152.4 cm)
Weight of Product:	450 lbs. (203 kg)
Speed Range:	0.5 to 10.0 mph (0.8 to 16.1 kph) in 0.1 mph or 0.1 kph increments
Incline Range:	0 to 15% grade
Levels of Difficulty:	15 per program
Manual Mode:	Yes
Programs:	Manual, Hills, Endurance, Sport, Heart Rate Control (requires optional Polar receiver)
Optional:	Contact Heart Rate
Standard Accessories:	Accessory holder, bottle holder
Connectivity:	CSAFE
Chassis Construction:	10-gauge uni-welded steel
Deck Material:	Lubricated wood composite
Power Requirement:	115 VAC ±10%, 60 Hz and 20 amps or a 220 VAC ±15%, 50 Hz/60 Hz and 15 amps grounded, dedicated circuit
Motor:	2.5 hp, DC. continuous duty
Emergency Stop:	Pull the emergency stop key (lanyard)
Languages:	English, French, German, Japanese, Spanish
Maximum User Weight:	350 lbs. (159 kg)



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Stableflex System

The Cybex 600T treadmill also has a feature you can find only in Cybex treadmills, Stableflex. Stableflex is laterally stable at the back and vertically flexible at the front. As a result of its high internal dampening, Stableflex allows shock to be absorbed where it occurs, and minimizes the impact. The biomechanics of running are not adversely affected because the Stableflex system keeps the rear of the treadmill stable to optimize the propulsion of the runner. This is the most efficient running suspension yet designed.

3 - Operation

Quick Start

Press the **Quick Start** key. After a 3-second countdown, the running belt will start at 1 mph (1.6 kph) in the **Manual** program. Use the ▲ and ▼ arrows to change speed and elevation.

NOTE: *For an accurate calorie count, you must correctly set your weight (including clothing) by pressing the* **Weight** *key.*

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Stopping the Treadmill

Press **Pause/Stop** to temporarily stop your workout. The belt will stop, but any elevation will remain, as will all workout settings and data. Press the **Quick Start** key to continue your workout. If no key has been pressed after the amount of time set for *Idle Time*, usually 30 seconds, workout data will be cleared, the display will change to *Dormant Mode*, and any elevation will be reduced to zero. See Figure 1.

If, during a pause, the **Pause/Stop** key is pressed again, all workout data will be cleared and elevation reduced to zero.

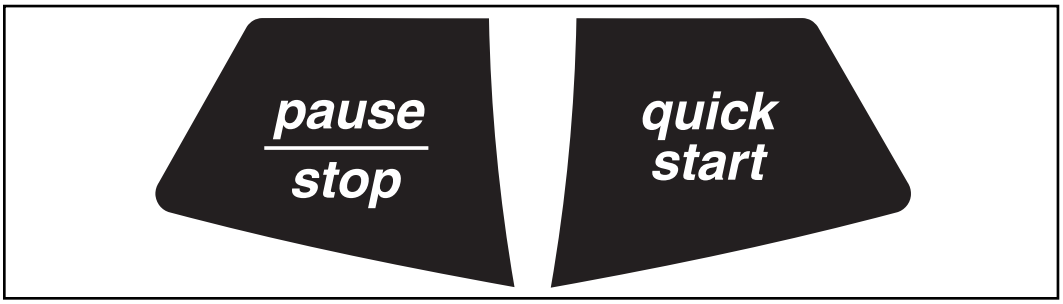

Figure 1

Automatic Stop Feature

The 600T is equipped with an Automatic Stop system for the running belt. If the treadmill detects that there is nobody running or walking on it, it will stop the belt after a user-selectable delay. (Set this delay time, called *Halt Time*, in the *Setting Operations Options* section in chapter 5.)

Selecting Programs & Options

Every key on the display is usable during operation. Any key may be pressed at any time to make adjustments in speed, elevation, level, program choice, workout time, or data readouts.

Displaying Heart Rate

In order for the 600T to display your heart rate, you must either use a Polar compatible heart rate transmitter belt, or your treadmill must have the optional Contact Heart Rate.

NOTE: *The Heart Rate Control program will not work with Contact Heart Rate.*

1. Contact Heart Rate – Hold the handgrips on the console crossbar until a heart rate is displayed, typically less than 30 seconds. For best results, hold the handgrips lightly and ensure that your hands contact both the front and back sensors of each grip. Movement can cause interference on the contacts, so hold your hands as steady as possible.

NOTE: *When wearing a Polar compatible transmitter, the Polar transmitter will override the contact heart rate.*

2. Polar Compatible Reception – To use this feature, a Polar compatible heart rate transmitter belt must be worn. To view heart rate continuously, press the heart-shaped key in the Display Options section.

NOTE: *Please note that Cybex does not recommend continuous holding of the handrails or the contact heart rate grips while running.*

The Workout Graph

The Workout Graph matrix in the middle of the display uses columns of lights to show the progress of your workout. The height of the column represents power, specifically the highest power you reached in that period. The exception to this is in *Heart Rate Control*, where column height represents heart rate. The length of the period is 1/15 of your total workout time when in *Manual Mode* or *Heart Rate Control*, and 15 seconds in every other program.

Detailed Operation Guide

Dormant Mode — When the treadmill is not in use, the console will display a constantly changing geometric pattern to show that power is on. If the treadmill is equipped with Contact Heart Rate, the console will display a beating heart. Heart rate is displayed if a heart rate signal is detected.

Activating the Treadmill — Follow the steps below:

1. Place the emergency stop key in the location as shown in Figure 2.
2. Press any key on the console.
3. If you pressed a program key, this program will be selected. Otherwise, either press a program key to choose a program or press **Quick Start,** which will select the **Manual** program.

Figure 2

NOTE: *The Heart Rate Control program can be selected only if it detects a heart rate signal through the Polar receiver, which requires a Polar compatible transmitter belt.*

4. If you pressed a program key to select a program, you will now be prompted for workout **Time, Weight,** and (except in *Manual Mode*) **Level**. Adjust these settings with the ▲ and ▼ arrows and press **Enter** to proceed.
5. The treadmill will countdown 3 seconds and then the running belt will start.

The function of the immobilization method: The purpose of immobilizing the treadmill is to prevent unauthorized use. This can be accomplished by removing the power cord from the outlet, or most effectively, by removing the lanyard from the treadmill. The treadmill will not start with the lanyard removed.

The emergency dismount: Should you experience pain, feel faint, or need to stop your treadmill in an emergency situation, you should follow these steps:

1. Grip handrails for support.
2. Step onto the side rails.
3. Pull the lanyard.

The function of the emergency stop: The lanyard functions as the emergency stop. The lanyard is designed to be attached to the user before exercising. Its purpose is to stop the treadmill in an emergency situation. When pulled, the lanyard will remove power from the treadmill, and the treadmill will come to a stop.

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Control During Operation

Every key on the display is usable during operation. Any key may be pressed at any time to make adjustments in speed, elevation, level, program choice, workout time, or data readouts.

Changing Speed — Use the **Speed** ▲ and ▼ keys arrows to change the speed in increments of 0.1 mph or 0.10 kph. Maximum speed is 10 mph (16 kph).

Changing Elevation — Use the **Incline** ▲ and ▼ arrows to change the elevation in increments of 1%. Maximum elevation is 15%. (Elevation is defined as the ratio of rise over run of the treadmill deck.)

Changing Level — Use the ▲ and ▼ arrows next to the **Enter** key to change the level in a program; press **Enter** to accept your level change.

Changing Programs — Press any program key to change to that program. Your current workout level will be transferred to the new program, and you will enter that program at the same place you were in the previous program. If additional setup data is required by the new program, you will be prompted for that.

Changing Workout Time — Press **Time**, and use the ▲ and ▼ arrows to adjust your workout time, pressing **Enter** to proceed. Your program profile will be automatically scaled and adjusted to accommodate the new workout time.

Changing Data Readouts

You may request a specific data type to be displayed by pressing one of the Display Options keys. The treadmill's data readouts may also be set to Scan, where the data type is changed every five seconds. (Scan can be made the default readout mode in *Test Mode*; see *Setting Operations Options* in chapter 5.) The readout options are:

Distance — The total accumulated distance, in miles or kilometers, during your workout.

Calories — The total accumulated calories during your workout. Your weight must be correctly set for this measurement to be accurate.

Watts — The current workload, or power, of your workout. As with calories, your weight must be correctly set. Watts will change whenever speed or elevation is changed.

Pace — At your current speed, how long it would take to cover a mile (or kilometer), displayed in minutes:seconds.

Heart Symbol — Your heart rate. This display option is only available when using the optional Polar or Contact Heart Rate systems.

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Use of Programs

Using Hills, Endurance, or Sport Programs

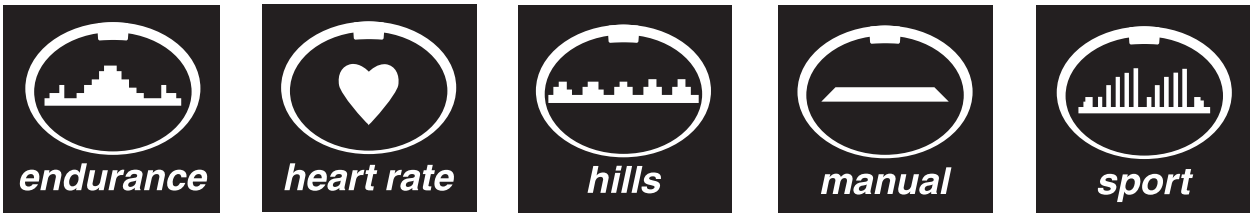
Any workout time between one and 60 minutes may be entered. These three programs share a common 2.5-minute warm-up and cool-down. If the time is two minutes or less, only part of the warm-up is used. If the time is three to five minutes, the warm-up and part of the cool-down is used. The cool-down is aligned to the end of the program.

Each program interval is 15 seconds long and can take one of seven values, corresponding to the LED columns in the workout graph (the dot matrix display). The height of the interval is combined with the exercise level to determine the workload. There are fifteen possible exercise levels.

The **Hills** program changes incline every minute in a four-minute repeating pattern.

The **Sport** program alternates two different intensity sections; the duration ratio of the higher to lower intensities increases with increasing level.

The **Endurance** program has a constant level center section following the warm-up.



NOTE: *You may select any other program at any time during your workout.*

Using Heart Rate Control Program

NOTE: *Obtain a medical exam before beginning any exercise program.*

NOTE: *This program requires the user to wear a Polar or compatible heart rate transmitter belt. The Heart Rate Control Program (HRCP) cannot be selected on the control console unless the treadmill detects a heart rate signal. The HRCP will* ***not*** *work with the optional handgrip heart rate system.*

After selecting the HRCP, the 600T will prompt you for workout time, weight, age, and target heart rate. Your age is required to estimate the proper range of heart rates; the 600T will not let you select a heart rate below 60% of your maximum heart rate nor above 95% of your maximum. (Maximum heart rate is calculated by the normal 220 minus age formula.)

Select a target heart rate which will allow you to exercise comfortably and safely while at the same time will allow you to reach your training goals. If you are unsure of what to select as your target, consult your physician or a physical training professional.

After starting the HRCP, the 600T will attempt to raise your heart rate to your target within four to six minutes. The 600T will emphasize using the elevation of the treadmill deck to achieve higher workloads and thus higher heart rates; this is done to maximize the use of a walking gait, which is safer and more comfortable for most users. As a result, many users will spend nearly the entire program at the treadmill's maximum elevation of 15%.

After reaching your target, the 600T will attempt to keep you there within plus one or minus two heart beats. As you tire, the treadmill will compensate by reducing speed, elevation, or both.

A two minute cool-down is built in at the end of the program.

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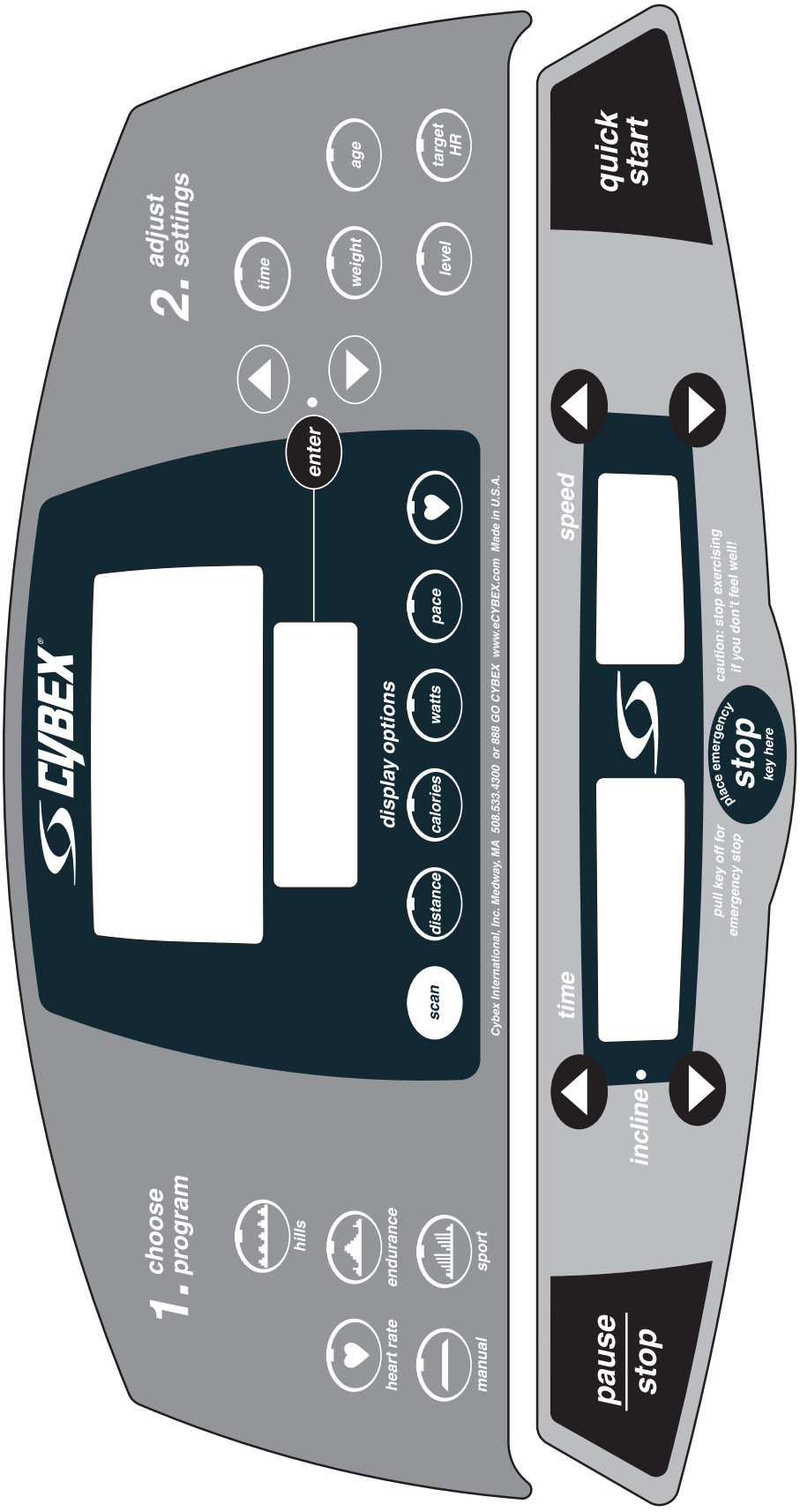
1. choose program
hills
endurance
sport
heart rate
manual
2. adjust settings
time
weight
age
level
target HR
enter
display options
scan
distance
calories
watts
pace
CYBEX
Cybex International, Inc. Medway, MA 508.533.4300 or 888 GO CYBEX www.eCYBEX.com Made in U.S.A.
quick start
speed
time
incline
pull key off for emergency stop
place emergency stop key here
caution: stop exercising if you don't feel well!
pause
stop

4 - Preventive Maintenance

Regular Maintenance Activities

Cleaning Your Treadmill — When cleaning your treadmill spray a mild* cleaning agent, such as a water and dishsoap solution, on a clean cloth first, and then wipe the treadmill with the damp cloth.

NOTE: *Do not spray cleaning solution directly on the treadmill. Direct spraying could cause damage to the electronics and may void the warranty.*
** Using a non-recommended cleaning solution can cause damage to your treadmill. Do not use an alkaline cleaner to clean your treadmill. Read the label on the cleaning product before you use it. If the ingredients list alcohol or say "not recommended for aluminum" do not use that product.*

! WARNING: To prevent electrical shock, be sure that power is shut off and the treadmill is unplugged from the electrical outlet before performing any cleaning or maintenance procedures.

4 Preventive Maintenance
Regular Maintenance Activities 4-1
Running Belt Maintenance . 4-3

Use the following routine to help insure your treadmill's long life:

After Each Use — Wipe up any liquid spills immediately. After each workout, use a damp cloth to wipe up any remaining perspiration from the handrails and painted surfaces.

Be careful not to spill or get excessive moisture between the edge of the display panel and the console, as this might create an electrical hazard or cause failure of the electronics.

! WARNING: Keep wet items away from inside parts of the treadmill. Electrical shock could occur even if the treadmill is unplugged.

Every Month — Vacuum any dust or dirt that might accumulate under or around the 600T. Motors are especially susceptible to dust and dirt, and restricted airflow can prevent adequate cooling that could shorten motor life.

To clean the motor components, you must remove the two Phillips head screws that hold the motor cover in place. Lift the cover, and put it and the screws aside. Use a vacuum attachment or hand vacuum to clean the exposed elevation assembly, drive motor, lower electronics and the surrounding areas.

Also use a dry cloth for the areas that you can't reach with the vacuum cleaner. If the machine has not been used for some time or is excessively dirty, use a dry cloth to wipe all exposed areas. Replace the cover and screws when finished.

Four Times Per Year — Clean the belt and the deck surfaces to minimize the effect of friction between the wood deck and the running belt. Clean the underside of the running belt and the top of the running deck surface by wiping them with a clean dry towel. This should be done four times per year to prevent premature wear of the deck, running belt, and the drive motor system.

As Needed — The running belt may become loose and slip on the drive roller with each foot plant.

To Re-tension the Belt: While holding down any key on the console, turn the treadmill on; this brings you into Test Mode. Press **Speed ▲** to increase the belt speed to 5 mph (8 kph). Rotate both of the rear roller tension bolts 1/4 of a turn clockwise. If the belt tracks off center, to either side, the running deck will become visible. If this occurs, it will be necessary to adjust the running belt back to the center. See Figure 1.

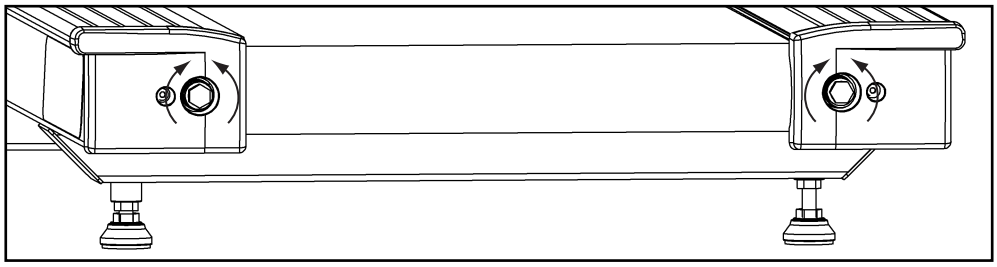

Figure 1

! CAUTION: Be careful not to over tighten the belt. Over tightening the belt can create excessive tension on the front and rear rollers.

To Re-center the Belt: Use a wrench to tighten the rear roller bolt on the side of the treadmill towards which the belt is moving. For example: If the belt moves to the right and the deck becomes exposed on the left, use a wrench to tighten the rear roller bolt on the right side of the frame, tighten about 1/2 of a turn (clockwise) and wait 30 seconds. If the belt does not move back to the center of the treadmill, make another adjustment to the same bolt. Once the running belt has been adjusted closer to the center of the treadmill use about 1/4 of a turn until the belt has been stabilized.

! CAUTION: While centering the belt choose one bolt to adjust. Do not adjust both bolts.

After the belt has been centered, check the belt tension. Make sure the running belt tension is tight enough so that the belt does not slip or hesitate when stepped on. Walk on the treadmill at 3.5-4 mph (5.6-6.4 kph) and every 4th to 5th step throw your weight into your step to feel if the

belt is slipping. If the belt does slip, use a wrench to equally tighten both rear roller adjustment bolts 1/2 of a turn (clockwise). Adjust the belt until no further slipping is felt.

Running Belt Maintenance

The running belt and deck should be checked periodically for any excessive wear. The belt may need minor adjustments. Use the following section to help keep your 600T operating properly.

Checking the Belt and Deck Surfaces — In an effort to make sure that the running belt operates properly, visually inspect the belt on a weekly basis to make sure that there are no tears or fraying in the belt material.

To inspect the edges of the belt, it is necessary to remove the plastic side rails. Follow these steps:

1. **Turn the power off.**

   A. Turn the main power switch on the front panel to the off (O) position.

   B. Unplug the treadmill from the power outlet.

! WARNING: When removing or installing the side rails be sure to wear work gloves to protect against any sharp edges.

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2. **Remove the plastic end caps and side rails.**

   A. Remove the Phillips head screws that fasten each of the plastic end caps in place and set aside. See Figure 2.

   B. Grab the side rail and firmly slide it out towards the back of the treadmill.

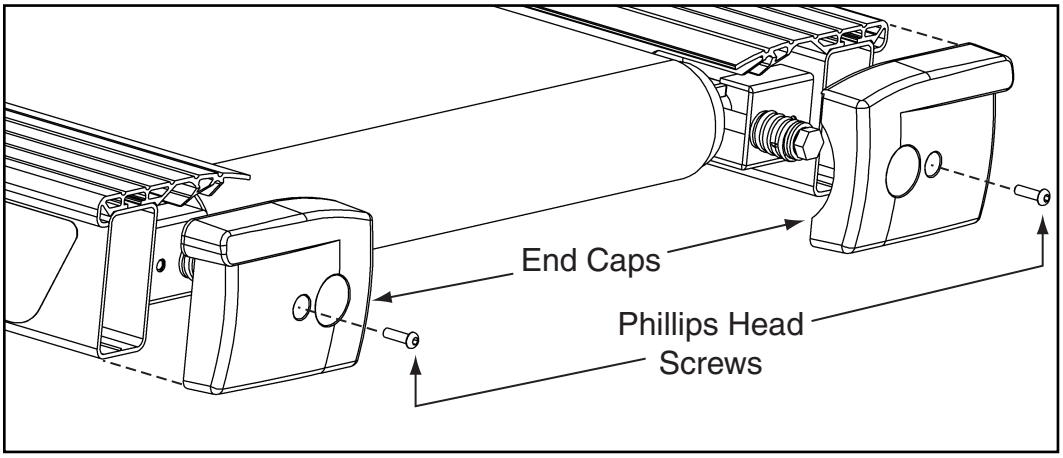

Figure 2

C. Remove the other side rail and set aside.

3. Check belt condition.

A. Run your hand under the belt on the top of the deck surface. If you notice any excessive ridges, furrowing or cracks in the deck or if the deck feels very rough, the surface may have worn down to a point where it could start to cause excessive wear to the undersurface of the running belt. If belt needs replaced contact the nearest authorized Cybex dealer or other competent repair service. See the "Running Belt" section of the Service Manual for replacement information.

4. Replace the side rails and plastic end caps.

A. Slide the two side rails back on being sure to catch the rail guides.

B. Attach the plastic end caps with the Phillips screwdriver.

NOTE: *Refer to "Running Belt" in the 600T Treadmill Service Manual for more information. Contact Cybex Customer Service to order a Service Manual, parts, or to locate the Cybex dealer nearest you.*

! CAUTION: Do not use a running belt made for a different model treadmill. The belts are specific for each treadmill and may be torn up or cause excessive current and damage the electronics if used in combination with another deck.

5 - Setup & Assembly

Quick Setup

Quick Setup - For Experienced Fitness Professionals Only

1. The power requirements for this treadmill are 115 VAC ±10%, 60 Hz and 20 amps or a 220 VAC ±15%, 50 Hz/60 Hz and 15 amps grounded, dedicated circuit. The location should be level, with good ventilation, and not in an area of high humidity.
2. Assemble the treadmill using the instructions in the "Setup & Assembly" chapter.
3. Connect CSAFE equipment (if applicable).
4. Refer to "Setting Operations Options" to see if any changes are necessary; in most cases, the default values are the desired settings.

Choosing & Preparing a Site

Before you assemble the treadmill be sure to select a suitable site and have the proper electrical outlet power available for optimum operation and safety. See the Electrical Power Requirements section below for direction in locating your treadmill's voltage requirements.

The area you select for the 600T should be well lit and well ventilated. Locate the treadmill on a structurally sound and level surface (do not place in recessed areas or on plush carpet) a few feet away from walls and other equipment. Each side of the treadmill should have a 39" (1 m) minimum space. Behind the treadmill should be 78" (2 m) minimum of space. Allow enough clearance for safe access and passage during use of the machine. If the 600T is to be located above the first floor, place it near or above major support beams. If the area has a heavy, plush carpet, the airflow around the base of the machine may be restricted or the carpeting may interfere with the moving parts. To protect the carpeting and the machinery, place a 3/4" (1.9 cm) thick wood base under the treadmill.

Do not install the 600T in an area of high humidity, such as in the vicinity of a steam room, sauna, indoor pool, or outdoors. Exposure to extensive water vapor, chlorine, and/or bromine could adversely affect the electronics as well as other parts of the machine.

A comfortable environment will help you enjoy your exercise routine and give you additional motivation to continue.

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Item	Qty	Description
1	1	Base, console and uprights
2	12	Screws for uprights, handlebar, and base covers
3	1	Motor cover
4	2	Motor cover screws
5	2	Base covers
6	8	Junction cover screws
7	4	Junction covers

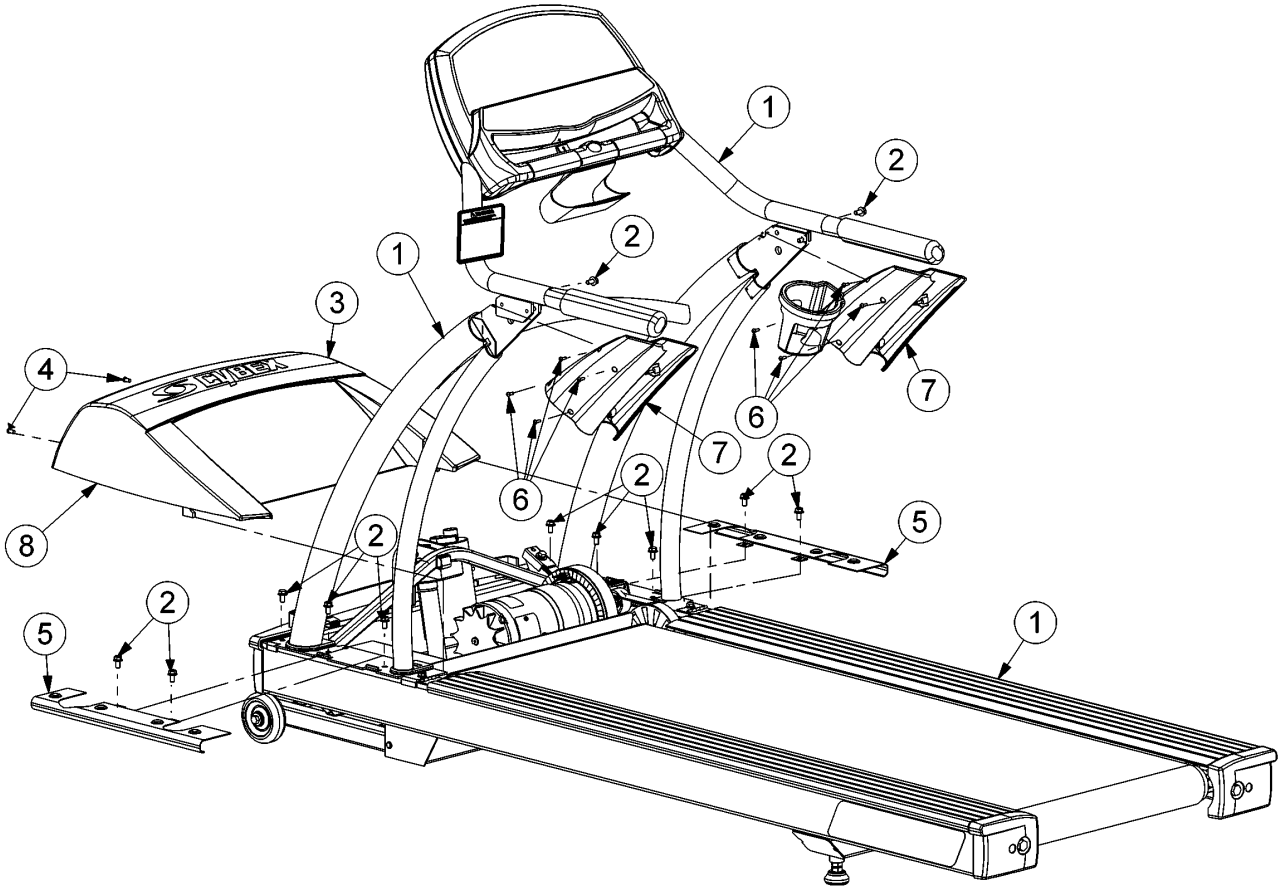

Figure 1

Electrical Power Requirements

This treadmill is for use on a nominal 115 VAC ±10%, 60 Hz and 20 amps or a 220 VAC ±15%, 50 Hz/60 Hz and 15 amps grounded, dedicated circuit. Contact your electrician if you have any doubts about your electrical service.

Do not use a ground plug adapter to adapt the 3-prong power cord plug to a non-grounded electrical outlet. Do not use an extension cord.

Unpacking

Unpack and remove the treadmill parts from the shipping container. Leave the base in the box at this time. Leave the hardware in the bags at this time. Check for the following parts. See Figure 1. If any of the parts are missing contact your Cybex dealer.

- Base
- Uprights (left and right)
- Handlebar and console
- Base covers (left and right)
- Motor cover
- Junction covers (two left and two right)
- Accessory holder
- Bottle holder
- Emergency stop key (lanyard)
- Power cord (not shown)
- Owner's Operating Manual with registration card (not shown)

Hardware Bag 1

- Hex head screws 5/16-18 x 3/4" for uprights (6)
- Hex head screws 5/16-18 x 3/4" for base cover (4)
- Hex head screws 5/16-18 x 3/4" for handlebar mounting bracket (2)

Hardware Bag 2

- Phillips head screws 1/4-20 x 1/2" for motor cover (2)
- Phillips head screws #8-16 x 1/2" for junction covers (8)

Tools Required

- Phillips head screwdriver
- 1/2" wrench
- 3/8" wrench

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Assembling the Treadmill

To ensure correct assembly of the treadmill, carefully follow these steps:

NOTE: *In this manual the words "left" and "right" are from the treadmill user's point of view.*

1. **Move the treadmill into position.**

   A. The shipping box has a small ramp at the front end of the treadmill base. After removing the boxes, parts, and plastic wrapping from the top of the base, lift the back end of the treadmill and roll it down the ramp.

   B. Continue to lift the back of the base while you roll the treadmill to the location you intend to leave it.

2. **Pivot the treadmill into position.**

   A. Grasp the console and raise the console and uprights into position (they will pivot into place). ***NOTE:*** *The display cable that exits the bottom, left of the upright, is designed to be held out of the way during installation; confirm that it is not pinched while raising the unit.*

3. **Secure the handlebar.**

   A. Using a 1/2" wrench, secure the handlebar with two screws provided in bag 1. Be sure to install the screws from the right. See Figure 2.

   NOTE: *The two screws on the handlebar are installed from the right. See Figure 2.*

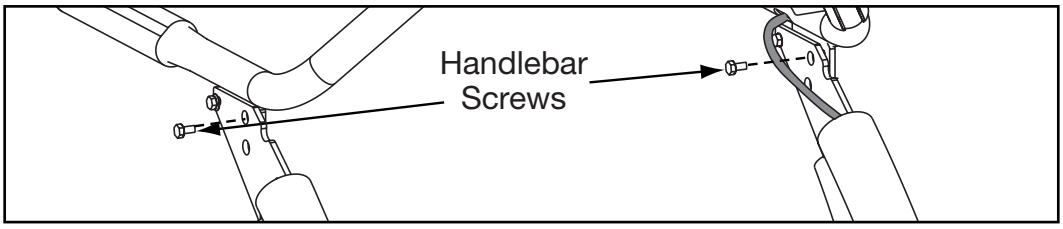

Figure 2

4. **Secure the uprights.**

   A. Using a 1/2" wrench, secure the upright with six screws provided in bag 1.

5. **Use a 1/2" wrench to tighten all eight screws at this time.**

6. Attach the base covers.

A. Locate the two base covers (metal). Place them over the base of each upright. The left will only fit on the left side and the right will only fit on the right side.

B. Using a 1/2" wrench, secure the base covers with four screws provided in bag 1. See Figure 3.

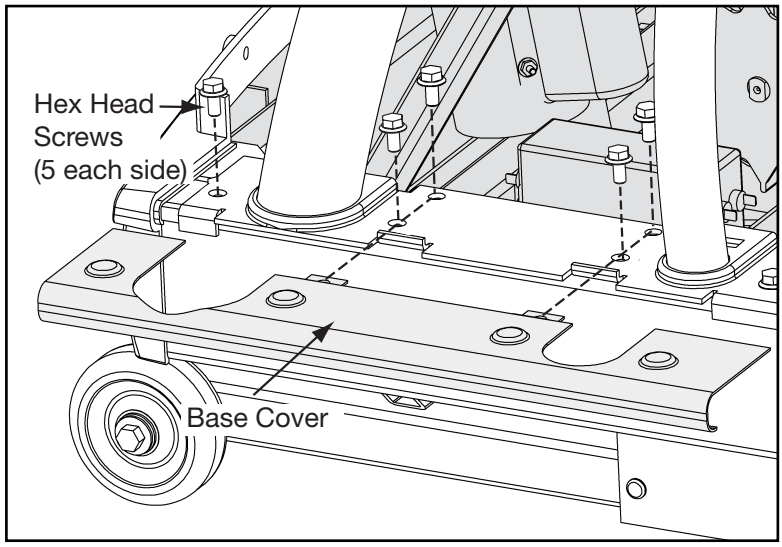

Figure 3

7. Attach the motor cover.

A. Using a Phillips head screwdriver, secure the motor cover at the front of the treadmill with two screws provided in bag 2. See Figure 4.

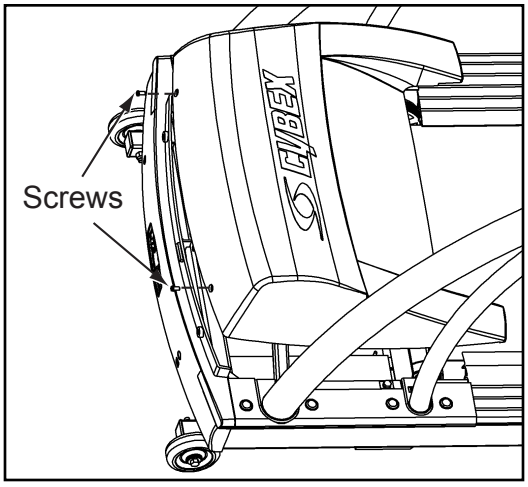

Figure 4

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8. Attach the junction covers.

A. Place the set of junction covers with the bottle holder over the right handlebar to upright junction and secure them with four Phillips head screws provided in bag 2. See Figure 5.

B. Place the remaining set over the left handlebar to upright junction. Secure them with four Phillips head screws provided in bag 2. See Figure 5.

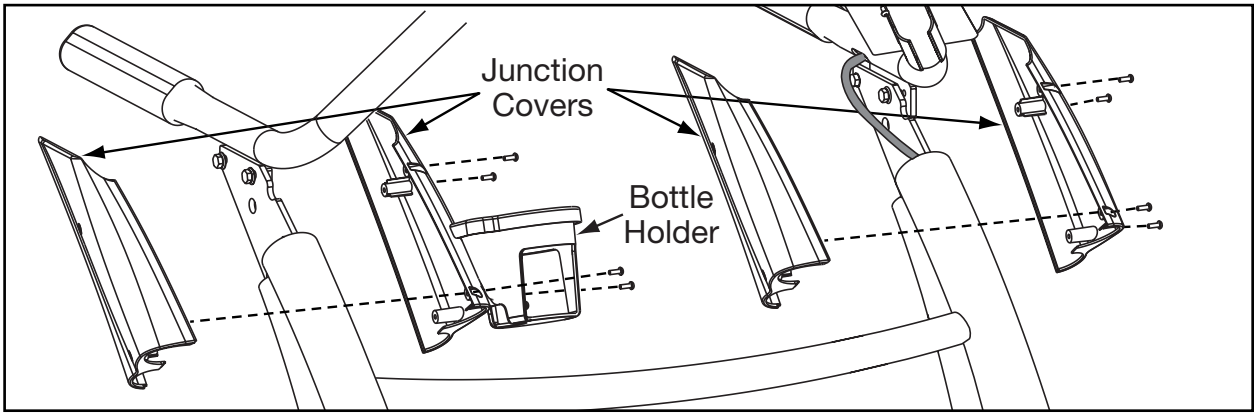

Figure 5

9. Attach emergency stop key.

A. Remove the paper backing from the velcro on the emergency stop key clip. Place the sticky back to one side on the accessory holder.

B. Confirm that the emergency stop key is in place. See Figure 6. ***NOTE:*** *the treadmill will not run without it in place.* Your treadmill should now look like Figure 7.

Figure 6

10. Level your treadmill.

A. Check to see if the treadmill is level. Perform steps 10B - 10D if the treadmill is not level.

B. Loosen the (top) jam nut located on the right foot. See Figure 7.

C. Raise or lower the (bottom) leveling nut until the treadmill is level. See Figure 7.

D. When level, tighten the (top) jam nut upward until it is snug against the top.

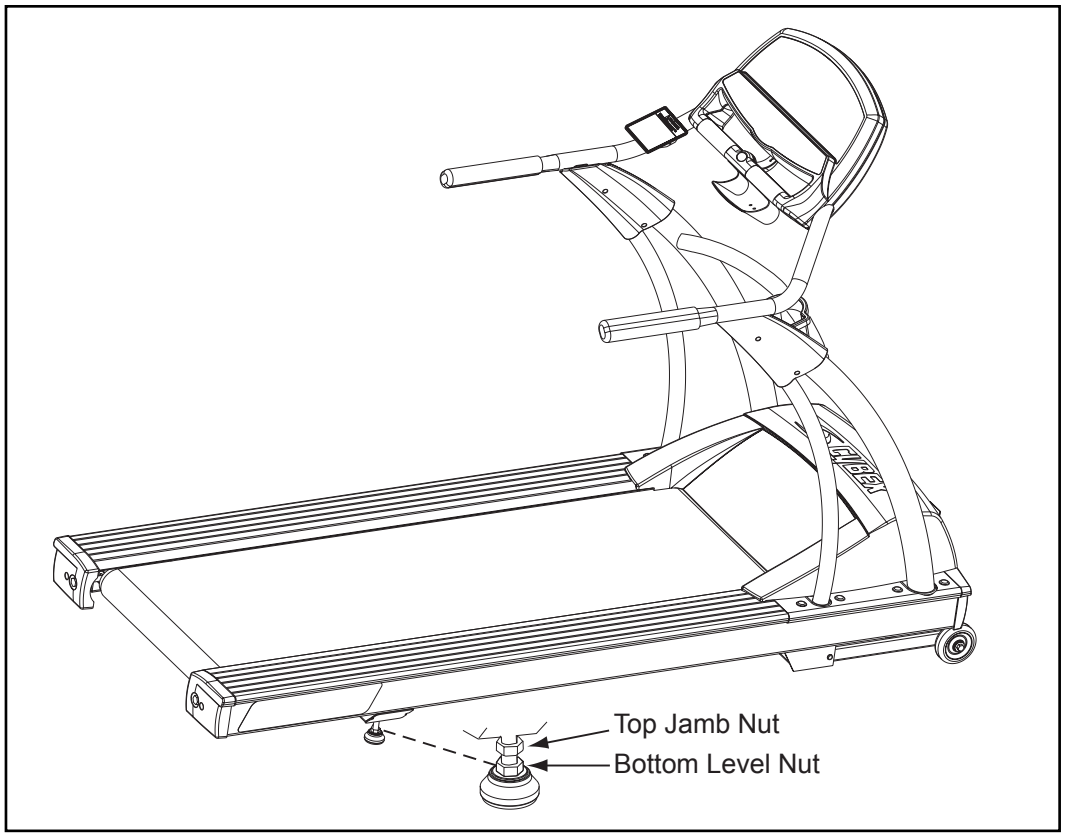

Figure 7

11. Connect CSAFE-compatible communications (optional).

NOTE: *Skip steps 11A - 11F if you are not installing CSAFE-compatible communications.*

A. Remove eleven of the screws on the console back. ***NOTE:*** *It is not necessary to remove the accessory holder's top screw (holding the accessory holder in place on the console back).*

B. Plug the CSAFE communications cable into the RJ-45 (8-pin) female connector located on the middle bottom edge of the display board.

C. Tie a loose strain relief knot in the cable about 17" (43 cm) down from the connector. *This knot will stay inside the console housing.* ***NOTE:*** *Do not pull the note tight.*

D. Route the cable through the small opening between the two halves of the console. The opening is located where the right handle (from the user's position) passes through the housing. Make sure the strain relief knot fits correctly on the inside of the housing next to the small opening.

E. Place the console back into position on the handlebar.

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F. Fasten the back console with the screws removed during step 11A. ***NOTE:*** *The two gold screws are for the accessory holder.*

! WARNING: Be sure that all electrical requirements are met as indicated in the specifications at the front of the manual and at the beginning of this chapter prior to proceeding.

Test the 600T Operation

Use the following instructions to test the full speed and incline range of the treadmill and to check the belt for proper operation.

1. Locate the on/off (I/O) power switch on the front side of the treadmill. Toggle it to the on position (I).

2. The control panel will light up and be in the *Dormant Mode*.

NOTE: *Cybex recommends that the treadmill be unplugged or the on/off (I/O) power switch turned off (O) when it is not in use.*

3. Press the **Quick Start** key. The treadmill begins a countdown (3,2,1), and sounds a tone for each count. After it reaches one (1), the treadmill gives a steady tone, and then begins accelerating the belt to reach 1 mph (1.6 kph).

4. The bottom left display will flash the time of and the right display will show the actual speed.

5. Press and hold down the **Speed** ▲ key until the treadmill reaches a speed of approximately 4 mph (6.4 kph), as indicated on the display.

6. Observe the belt to see that it is running properly; it should stay centered in the middle of the deck. If you have problems with the running belt operation, see Running Belt Maintenance.

7. Run the treadmill through its full speed range. First press the **Speed** ▲ key until the treadmill reaches its highest speed, 10 mph (16.1 kph). Then press the **Speed** ▼ key until the treadmill is back to 1.0 mph (1.6 kph).

9. As you press the **Incline** or **Speed** ▲ or ▼ keys, the respective displays will show the actual incline or speed.

10. When the treadmill reaches the set incline and speed, the displays will stop flashing and remain steadily illuminated to indicate that the desired settings have been reached.

11. Run the treadmill through its full % grade range. Press the **Incline** ▲ key until the treadmill reaches its highest grade (15%). Then press the **Incline** ▼ key until the treadmill is back to 0% grade.

12. Press **Pause/Stop** three times to stop the running belt, end the checkout session, and return the display to *Dormant Mode*.

Setting Operation Options

1. Enter *Test Mode* by holding down any key while turning on (I) power.The display will read "test".

   NOTE: *After changing any value, you must press* **Enter** *to save that value.*

2. Press **Time** to set time options. Change values with ▲ and ▼ keys; change time type by pressing **Time**:

   A. ***Maximum Time:*** choices are between 5 and 60 minutes; default is 60.

   B. ***Default Time:*** choices are between 5 minutes and maximum time; default is 60.

   C. ***Idle Time:*** how long the treadmill retains your current workout data during a pause in the workout or after a workout; choices are 30 seconds or 1 to 15 minutes, retaining the current workout data until a new workout begins; default is 2 minutes.

   D. ***Halt Time:*** how long the running belt will keep moving if the user steps off the treadmill; choices are between 5 and 45 seconds; default is 30 seconds. You can also disable this feature by setting the time to None.

3. Press **Weight** to set units of measure and tone options with ▲ and ▼ keys; change option type by pressing **Weight**:

   A. Choose English or Metric units; English is the default.

   B. Keypress tone on or off; on is default.

   C. ***Scan:*** default is off. If set to on, the data readouts will scan unless a specific data key is pressed.

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D. ***Line Frequency:*** frequency of the power line that supplies power to your treadmill. The default setting is 50 Hz for metric consoles and 60 Hz for English consoles. ***NOTE:*** *If you have an English console and a 50 Hz power line frequency, then you must change the default setting from 60 Hz to 50 Hz for the proper elevation frequency.*

Remember: You must press **Enter** ***after changing a value for that value to be stored.***

4. To exit *Test Mode* press the **Pause/Stop** key twice.

Your treadmill is now ready for use. Turn to the Operation chapter to learn how to operate the treadmill. You should begin with walking speeds first, to be sure everything is functioning properly.

6 - Customer Service

Contacting Service

In most areas call 800-766-3211 then press 63. Otherwise call 508-533-4300 or fax 508-533-5183. Hours of phone service are Monday through Thursday from 8:30 a.m. to 6:00 p.m. and Friday from 8:30 a.m. to 5:00 p.m. Eastern Standard Time.

Information can be found on the web at www.eCybex.com or by email at techhelp@cybexintl.com.

Serial Number & Voltage

Your serial number can be found on the rear crossbar under the running deck. The voltage of your treadmill can be found on a label near the on/off (I/O) switch. For your convenience record your serial number and voltage below so that you will have it ready if you call Cybex Customer Service.

Serial Number _____ Voltage _____

Return Material Authorization (RMA)

The Return Material Authorization (RMA) system outlines the procedures to follow when returning material for replacement, repair, or credit. The system assures that returned materials are properly handled and analyzed. Follow the following procedures carefully.

Contact your authorized Cybex dealer on all warranty-related matters. Your local Cybex dealer will request an RMA from Cybex, if applicable. Under no circumstances will defective parts or equipment be accepted by Cybex without proper RMA and an Automated Return Service (ARS) label.

1. Call the Customer Service Hotline listed above for the return of any item that is defective.

2. Provide the technician with a detailed description of the problem you are having or the defect in the item you wish to return.

3. Provide the model and serial number of your treadmill. The serial number is located on the rear crossbar under the running deck. The serial number begins with a letter, for example: R09-101331100.

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4. At Cybex's discretion, the technician may request that you return the problem part(s) to Cybex for evaluation and repair or replacement. The technician will assign you an RMA number and will send you an ARS label. The ARS label and RMA number must be clearly displayed on the outside of the package that contains the item(s) to be returned. Include a description of the problem, the serial number of the treadmill and the name and address of the owner in the package along with the part(s).

5. Forward the package through UPS to Cybex.
   Attn: Customer Service Department
   Cybex International, Inc.,
   10 Trotter Drive
   Medway, MA 02053

NOTE: *Merchandise returned without an RMA number on the outside of the package or shipments sent C.O.D. will not be accepted by the Cybex receiving department.*

Damaged Parts

Materials damaged in shipment should not be returned for credit. Shipping damages are the responsibility of the carrier (UPS, Federal Express, trucking companies, etc.)

Apparent Damage — Upon receipt of your shipment, check all boxes carefully. Any damage seen with a visual check must be noted on the freight bill and signed by the carrier's agent. Failure to do so will result in the carrier's refusal to honor your damage claim. The carrier will provide you with the required forms for filing such claims.

Concealed Damage — Damage not seen with a visual check upon receipt of a shipment but noticed later must be reported to the carrier as soon as possible. Upon discovery of the damage, a written or phone request to the carrier asking them to perform an inspection of the materials must be made within ten days of the date of delivery. Keep all shipping containers and packing materials: they will be needed as part of the inspection process. The carrier will provide you with an inspection report and the necessary forms for filing a concealed damage claim. Concealed damage is the carrier's responsibility.

Ordering Parts

Visit eCybex.com to shop for parts online, or download the parts order form and fax your order to 508-533-5183. To speak with a customer service representative, in most areas call 800-766-3211 then press 63. Otherwise call 508-533-4300.

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